



ST. FRANCIS XAVIER SCHOOL

(A unit of St. Francis Xavier Education Society, Regd. No.: SO052939)

AFFILIATED TO THE COUNCIL FOR THE INDIAN SCHOOL CERTIFICATE EXAMINATIONS, NEW DELHI
CISCE SCHOOL CODE : WB - 127

Ref : 25-26/OP/183

Dated : 10/09/2025

NOTICE

PARENTS AND GUARDIANS OF CLASSES I TO VIII HEALTHY TIFFIN CHART

Dear Parents / Guardians,

As per the guidelines of the CISCE (Council for the Indian School Certificate Examination), our school is starting a General Health Awareness Programme for children. The aim is to help students understand the importance of healthy eating, the risks of junk food, sugary snacks and cold drinks, and the need for balanced diets. This programme is part of a nationwide initiative to safeguard children's health and reduce risks of lifestyle-related diseases. We look forward to your support in encouraging healthy habits at home as well.

Please pack light, simple, and wholesome tiffins with grains, veggies, proteins, and fruits – nurturing healthy bodies and sharp minds.

Here's a suggestion for the Monthly Healthy Tiffin Chart that can be followed for Classes I to VIII. It's balanced with variety, easy to prepare and child-friendly while keeping nutrition in mind. Please seek your doctor's / nutritionist's advice and do the needful.

MONTHLY HEALTHY TIFFIN CHART

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Vegetable Upma + Apple Slices / Roti with Potato, Peas, and Tomato	Whole Wheat Vegetable Sandwich + Boiled Egg / Banana	Roti Roll (paneer / chicken & veggies) + Cucumber Sticks	Poha with Peas & Peanuts + Banana / Paratha / Roti with Bengal gram curry	Idli with Chutney + Orange Wedges / Dhokla + Chutney
Week 2	Vegetable Paratha + Curd + Grapes	Pasta (Whole Wheat/Semolina) with Veggies + Apple	Rice Pulao with Vegetables + Papaya Cubes	Chilla (moong dal/cheela) + pear	Veg Cutlet or Patties / Stuffed Chapati + Watermelon
Week 3	Paneer Bhurji with Chapati + Guava	Veg Noodles (Suji / Wheat-Based) + Boiled Corn	Dosa (mini or plain) with Chutney + Banana	Stuffed Paratha (aloo / paneer / mixed veg) + Curd	Vegetable Fried Rice (less oil) + Papaya / Apple
Week 4	Sprouts Salad with Boiled Potato + Chapati Roll	Vegetable Uttapam + Chutney + Orange	Chapati wrap with Soya Nuggets / Paneer + Cucumber	Khichdi with Vegetables + Banana	Veg Poha Cutlets + Grapes / Salad with Beet + Carrot

GENERAL TIPS FOR PARENTS :

1. Avoid chips, colas, sodas, Frooti, a combination of noodles with bread, too much fried food and consumption of excessive sugar.
2. Include at least 1 seasonal fruit daily – can be cut & hygienically packed separately.
3. Hydration – send a water bottle; in summer, lemon water/coconut water/electrolytes can be added.
4. Small portions – better to pack just enough so food doesn't get wasted.
5. Variety – rotate between grains (rice, wheat, ragi, suji, oats) for balanced nutrition.


PRINCIPAL (O)

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